

# Food

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

## Holiday sweets from the CROCKPOT

By MARY ANN MENENDEZ  
SPECIAL TO THE EDN

Thanksgiving is that special time of year when family members and friends gather together to give thanks to God for the many blessings throughout the previous 12 months.

Most people associate the many blessings with good food and a lot of football on the fourth Thursday of the 11th month. The holiday is actually older than our beloved nation. The first Thanksgiving was probably held in 1621, a year after the Pilgrims arrived in Plymouth.

It is also that special time of year when every pot and pan in the kitchen is utilized for the holiday meal. This event usually takes much time in planning and preparation in the days prior. The oven's power is in high demand too for good wholesome, favorite comfort foods associated with the huge American holiday.

However the oven is only so large and the big bird can take hours to roast. Perhaps we need to turn to the crockpot for one of the Thanksgiving desserts on the menu.

Today's featured recipes are for cake, pudding, fondue, brownies, spicy fruit, baked apples, an orange cheesecake and a fruit crumble. And yes! They are all recipes for the crockpot!

As for healthy eating and calorie counting, ah, just minimize the portions and call it good.

The holiday season comes but once a year. Use the brain to control portion sizes before your mouth starts watering. Rev up the exercise routine to counteract the calories and poundage so you and your physician will be a lot happier.

### Crockpot Pudding

**Pudding:**  
1 cup unsulfured molasses  
1 cup sugar  
2½ cups flour  
1 teaspoon baking soda  
1 cup butter  
1 cup buttermilk  
4 eggs  
½ teaspoon cinnamon  
½ teaspoon ginger  
¼ teaspoon nutmeg

Place 6 cups water into crockpot and turn on medium heat (this is low on some models. Do not use the keep-warm setting). Cream together butter and sugar in a bowl with a mixer. Beat eggs well and add slowly to mixture. Stir in molasses, cinnamon, ginger, nutmeg, flour and buttermilk. Dissolve baking soda in 1 teaspoon hot water. Combine well with other ingredients. Grease and flour a pudding mold with a tight fitting cover or crockpot cake pan. Place in crockpot and steam four to five hours or until a knife inserted in center comes out nearly clean.

**Sauce:**  
1 cup sugar  
½ cup butter  
1½ cups water  
3 to 4 tablespoons flour  
1 teaspoon vanilla, orange, or lemon extract

Cream together the butter and sugar. In a small saucepan, bring to a boil 1½ cups of water thickened with flour to the consistency of cream (about 3 to 4 tablespoons of flour). Stir constantly with a whisk while adding flour gradually to boiling water to prevent lumps. Remove from heat and stir quickly into the sugar and butter mixture. Flavor with 1 teaspoon vanilla or favorite fruit-flavored extract. Serve warm or cool. Top with sauce and a dollop of whipped cream and a sprinkling of brown sugar mixed with freshly grated ginger.

### Crockpot Beer Cake

2/3 cups butter  
1½ cups brown sugar  
3 eggs  
2½ cups flour  
1½ teaspoons baking powder  
¼ teaspoon baking soda

1 teaspoon cinnamon  
¼ teaspoon nutmeg  
1½ cups beer  
1 cup chopped walnuts  
1 cup raisins

Cream butter and sugar until light and fluffy. Add eggs one at a time mix well. Add flour, baking soda, baking powder, cinnamon, and nutmeg to creamy mixture alternately with the beer. Stir in walnuts and raisins. Pour mixture into well buttered and floured cake pan that fits into the crockpot. Cover tin with four or five paper towels. Put into pot. Put lid on crockpot loosely to allow steam to escape. Cook on high for 3½ hours or until cake is done. Remove pan from pot and allow cake to cool on wire rack for 15 minutes before removing from pan.

### Crockpot Brownies

½ cup packed brown sugar  
1½ cups water  
2 tablespoons unsweetened cocoa powder  
2½ cups packaged brownie mix  
1 (2 3/4-ounce package) instant chocolate pudding mix  
½ cup semi-sweet chocolate chips

2 eggs  
3 tablespoons butter or margarine, melted  
Spray the interior of a 4-quart crockpot with non-stick cooking spray. Add brown sugar, ¾ cup water and cocoa powder to a saucepan on the stovetop and bring to a boil. Combine remaining ingredients plus ¾ cup water in a small bowl to form batter. Spread batter in crockpot, and then pour boiling mixture over the batter. Cover; cook on high for 90 minutes. Turn off heat but let stand in crockpot another 30 minutes.

### Crockpot Apple-Coconut Dessert

4 large Granny Smith apples, peeled, coarsely sliced  
½ cup sweetened flaked coconut  
1 tablespoon flour  
1/3 cup brown sugar  
½ cup butterscotch ice cream topping  
½ teaspoon cinnamon  
1/3 cup flour  
½ cup quick rolled oats  
2 tablespoons butter

Use a 1 1/2-quart casserole dish that fits into the crockpot. Combine apples and coconut plus 1 tablespoon flour, 1/3 cup brown sugar and cinnamon in the casserole dish. Drizzle with the ice cream topping. Using a fork or pastry cutter, combine remaining ingredients in a small bowl, then sprinkle over apple mixture. Cover; cook on high 2½ to 3 hours, until apples are tender. Serve warm with favorite ice cream or whipped topping.

### Blushing Rice Pudding

3 cups cooked white rice  
½ cup dried cranberries  
1 teaspoon vanilla  
1 (14 ounces) can sweetened condensed milk  
1 (12 ounces) can evaporated milk  
1 tablespoon brown sugar  
1 teaspoon cinnamon

Spray crockpot with non-stick spray. Add everything but sugar and cinnamon to crockpot and mix. Cover; cook on low 3-4 hours or until liquid is absorbed. Stir. Sprinkle sugar and cinnamon over top and serve warm.

### Crockpot Topsy-Turvy Cake

½ cup sweetened shredded coconut  
2 tablespoons margarine  
2/3 cup packed brown sugar  
2 eggs  
1 cup 2-percent buttermilk  
½ cup (4-ounces) fat-free sour cream  
1/3 cup unsweetened applesauce  
1 box (18.5-oz.) German chocolate cake mix  
1/3 cup chopped pecans  
Coat skillet with nonstick cooking



spray and lightly brown coconut, about 4 minutes. Set aside. Coat the interior of the crockpot with nonstick cooking spray, and pre-heat on high. Melt margarine and add ½ cup water in small saucepan over low heat. Stir in brown sugar until smooth. Pour evenly into crockpot. Sprinkle half of the coconut over melted sugar mixture. In a large bowl, beat eggs on high with mixer until just frothy. Beat in buttermilk, sour cream and applesauce. Add cake mix and beat on low for 30 seconds, until just moistened. Beat another 2 minutes on high. Pour evenly into crockpot, over coconut. Cover crockpot and cook on low for 4½ to 5 hours, or until cake is set (a toothpick inserted in center should come out almost clean). Remove lid and cook on low for another 30 minutes. Turn cooker off. Let cake cool in crockpot for 30 minutes, then remove to a wire rack and top with remaining coconut and pecans. Let cool completely before serving.

### Crockpot Spiced Fruit

1 (28 ounces) can peach slices, drained  
1 (8 ounces) can crushed pineapple in juice, undrained  
1 (28 ounces) can pear slices, drained  
1 (15 ounces) can mixed fruit cocktail, drained  
1 tablespoon cornstarch  
1½ teaspoons ground cinnamon

1 teaspoon ground nutmeg  
½ cup brown sugar  
4 tablespoons butter  
Combine all ingredients in crockpot and gently stir. Cover; cook on low 4-6 hours or high 2-3 hours.

### Crockpot Caramel Rolls

2 (8 ounces) packages refrigerated, uncooked biscuits  
¼ cup melted butter  
½ cup packed brown sugar  
½ cup chopped nuts  
Cinnamon Sugar  
Mix brown sugar and nuts. Dip each refrigerated, uncooked biscuit in melted butter, then into the brown sugar and nuts mixture. Place biscuits into a cake pan that fits into the crockpot. Sprinkle cinnamon and sugar over each layer of biscuits. Cover crockpot; cook on high 3-4 hours without lifting the lid.

### Crockpot Crumble

3 firm Bartlett pears, peeled, cored, thickly sliced  
2 large tart cooking apples, peeled, cored, sliced  
1½ cups frozen cranberries  
½ teaspoon ground cinnamon  
½ cup sugar  
2 tablespoons cornstarch  
Topping:  
1 cup flour  
½ cup quick cooking rolled oats

1 cup firmly packed light brown sugar  
½ teaspoon cinnamon  
1 stick cold unsalted butter, cut into pieces

Coat inside of crockpot with cooking spray. Place fruit into crockpot and sprinkle with cinnamon, sugar and cornstarch. Toss to coat fruit. Cover and cook on high for 30 minutes. While fruit is cooking, make the topping in a bowl. Combine flour, rolled oats, brown sugar and cinnamon. Cut in butter. When fruit cooking time is up, spread topping evenly over the fruit, leaving a ½-inch border around the edges to prevent burning. Cover, set crockpot to low and cook until fruit is tender, 2 to 3 hours. Uncover and let cool 10 minutes before serving.

### Crockpot Goopy Rum Fondue

7 ounces caramels  
¼ cup miniature marshmallows  
1/3 cup whipping cream  
2 teaspoons rum  
Cut up apples, bananas, pound cake, angel food cake for dipping. Add caramels and whipping cream to crockpot. Cover; heat until caramels are melted, approximately 30-60 minutes. Stir in marshmallows and rum. Cover and cook another 30 minutes. Serve warm with cut up fruit and cake.

### Crockpot Orange Dream Cake

**Crust:**  
¾ cup graham cracker crumbs  
2 tablespoons sugar  
3 tablespoons melted butter  
**Filling:**  
16 ounces light cream cheese  
2/3 cup sugar  
2 eggs  
1 additional egg yolk  
¼ cup frozen orange juice concentrate, thawed  
1 teaspoon orange zest  
1 tablespoon flour  
½ teaspoon vanilla  
Crust: Combine crumbs with sugar; mix in melted butter until well moistened. Pat into an 8-inch springform pan.  
Filling: In a medium bowl, cream together the cream cheese and sugar. Add eggs and yolk and beat for about 3 minutes on medium with a mixer. Beat in orange juice, zest, flour and vanilla. Beat for another 2 minutes. Pour batter onto prepared crust. Place springform pan on a rack or aluminum foil ring in the crockpot. Cover and cook on high for 2½ to 3 hours. Turn off and leave for 1 to 2 hours, until cool enough to remove. Cool completely and remove the sides of the pan. Chill before serving, and store leftovers in the refrigerator.

### Custard in the Crockpot

2 cups milk, scalded  
3 eggs, slightly beaten  
1/3 cup sugar

1 teaspoon vanilla  
1/8 teaspoon salt  
Nutmeg  
Coconut

Scald milk, then allow to cool slightly. Combine eggs, sugar, vanilla and salt, then slowly stir in slightly cooled milk. Pour into buttered, 1-quart baking dish. Sprinkle with nutmeg and coconut and cover dish with foil. Set baking dish on a trivet or meat rack inside crockpot and pour hot water around baking dish to a depth of one inch. Cover crockpot; cook on high 2 to 2 ½ hours, or until knife inserted in custard comes out clean. Serve warm or chilled.

### Crockpot Turtle Brownie Dessert

1 (21.5-oz.) package brownie mix  
½ cup water  
¼ cup oil  
1 egg  
1 cup chocolate chips  
1 cup walnuts or pecans  
20 individual caramels, unwrapped  
Whipped cream or vanilla ice cream

Put a shallow wire rack or a trivet into the bottom of a 5-quart slow cooker. Pour in 4 cups of very hot water and set crockpot to high heat. In a large bowl, combine brownie mix, water, oil and egg. Beat well. Stir in chocolate chips and nuts. Butter the sides and dust with sugar a 2-quart soufflé dish that fits in the crockpot. Pour batter into the soufflé dish and push caramels halfway into the batter (so that half the caramel remains above the surface of the batter). Wrap dish in double aluminum foil. Use butcher's string to tie off around the dish, making a "handle" so that you can lower and raise the dish out of the crockpot. Lower the dish into the crockpot. Cover; cook on high for 4½ hours. Raise dish out of crockpot and let sit 30 minutes before serving. Serve portions with whipped cream or ice cream.

### Baked Apples from the Crockpot

¼ cup coarsely chopped walnuts  
3 tablespoons dried currants  
2½ tablespoons brown sugar  
¾ teaspoon ground cinnamon, divided  
4 medium Granny Smith apples, cored  
1 cup packed brown sugar  
¾ cup apple cider

Combine first 3 ingredients in a small bowl; add ¼ teaspoon cinnamon, stirring to combine. Peel top third of each apple; place apples in the crockpot. Spoon walnut mixture into cavity of each apple. Combine the remaining ½ teaspoon cinnamon, 1 cup brown sugar and apple cider in a small bowl, stirring to combine. Pour over apples. Cover with lid; cook on low 3 hours. Remove the apples with a slotted spoon. Spoon ¼ cup cooking liquid over each serving. Serve warm.

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